

Walk with a Doc

A Healthy Walk and
an Educational Chat



Free Event - All Are Welcome

Join EA Therapeutic Health, Rochester Parks & Recreation,
and an area doctor to learn about health, take a walk, and meet new
friends. You choose your distance and pace.

Topic: Staying Strong While Keeping It Simple

Featured Speaker: Nathan Hellyer, PT, Ph.D.

Tuesday, July 15

5:30 pm Registration Begins

6:00 pm Featured Speakers

6:15 pm Outdoor Walk Begins

Cascade Lake Park Picnic Shelter
88 23rd Avenue SW Rochester, MN



Jill Harkness, Volunteer Coordinator, 507-259-7570 or Jill@ChooseEA.org